PM

GO TO SLEEP SAN DIEGO - WEEKLY SLEEP DIARY

* Please fill out before going to bed at night.

	Sample	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DATE								
A. How many times did you nap or doze off during the day?	2 times							
In total, how long did you nap or doze?	60 min							
B. How many alcoholic drinks did you have today?	3 drinks							
What time was your last alcoholic drink?								
C. How many caffeinated drinks did you have today?	2 drinks							
What time was your last caffeinated drink?								
D. Did you take any medication(s) to help you sleep?	Yes							
If so, please list the name and dose of medication(s).	melatonin, 3mg							
At what time did you take each medication?								
E. Please check off each meal or snack you ate today:	o breakfast o AM snack o lunch o PM snack o dinner	o breakfast o AM snack o lunch o PM snack o dinner	o breakfast o AM snack o lunch o PM snack o dinner	o breakfast o AM snack o lunch o PM snack o dinner	o breakfast o AM snack o lunch o PM snack o dinner	o breakfast o AM snack o lunch o PM snack o dinner	o breakfast o AM snack o lunch o PM snack o dinner	o breakfast o AM snack o lunch o PM snack o dinner
F. TOTAL MINUTES EXERCISING								
G. TOTAL MINUTES OUTDOORS or near window with sunlight								
H. Time of day MOST ALERT								
.....LEAST ALERT								
Notes or comments:	tired after meals							

AM

GO TO SLEEP SAN DIEGO - WEEKLY SLEEP DIARY

* Please fill out when you get up for the last time in the morning.

	Sample	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DATE	4/5/2011							
A. Time in bed	10:15 PM							
B. Time fell asleep	11:30 PM							
C. How many minutes did it take to fall asleep?	45 min							
D. How many times did you awaken during the night? Any particular reasons?	3 times (noises, nightmares)							
E. For how many minutes were you awake during the night due to awakenings?	60 min							
F. For how many minutes were you out of bed?	15 min							
G. Time of final awakening	6:00 AM							
H. Time you got up out of bed for the last time	6:30 AM							
J. How many minutes did you lie in bed after final awakening?	30 min							
How well did you sleep?	o really badly o badly o OK o pretty well o really well	o really badly o badly o OK o pretty well o really well	o really badly o badly o OK o pretty well o really well	o really badly o badly o OK o pretty well o really well	o really badly o badly o OK o pretty well o really well	o really badly o badly o OK o pretty well o really well	o really badly o badly o OK o pretty well o really well	o really badly o badly o OK o pretty well o really well
K. TOTAL MINUTES in BED (A to H - F)								
L. TOTAL MINUTES AWAKE at NIGHT (C+E+J)								
M. TOTAL TIME ASLEEP (K-L)								
N. SLEEP EFFICIENCY (M/K)								
Notes or comments:								